

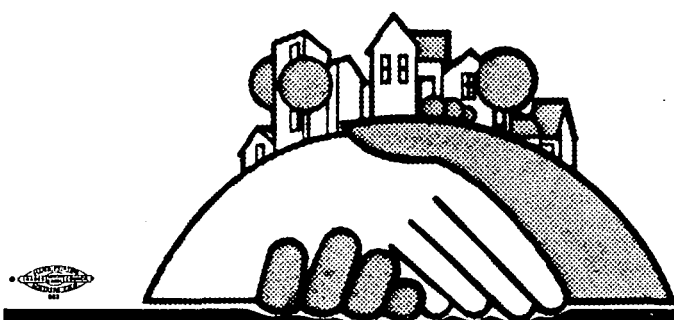


Photo by James Hunter

BHNC members, staff, board members, friends and family gathered at the Neighborhood Center on March 21st for the Center's fifth Annual Community Congress.

Bernal Agenda Big Winner at Fifth Annual Congress

Dear Neighbors,

The Bernal Heights Neighborhood Center's Fifth Annual Congress was held on Saturday, March 21st with active participation from all corners of the Hill. Our 1992 membership drive brought in 593 members, 348 of whom were past supporters. Thank you all for your continued - and new - support! For those members who couldn't attend the Congress, we will mail you a copy of our 1991 Annual Report - and for Bernal residents

who'd like to join this year, please stop by the Center and we'll gladly sign you up!

The Congress election results were also very encouraging. Two hundred and eighty-one ballots were cast either by proxy or in person at the Congress. Congratulations and welcome to the following new Bernal Heights Board members:

Anita Bonilla, Bernal resident for 22 years, member of the St. Kevin's Spanish choir; would like to help youth job services, senior

activities and work on family counseling. 242 votes.

Tiki Hadley, Bernal resident for 8 years, BHNC member for 5 years, active in the Alemany Housing community, working on tenant issues and management training. 235 votes.

Gerald Whitehead, 11 year Bernal resident, 6 year BHNC member, two terms as President, board member of four other organizations doing similar work. 233 votes.

- continued on page 2...

Look out Bernal — Here comes Christmas in April!

By Mindy Linetzky
Bernal Height
Housing Corporation

On Saturday April 25, 1992, Christmas in April and the Bernal Heights Housing Corporation will be renovating 25 homes across the hill, fixing up several community facilities including the Holly Courts Housing recreation room and playground, the Precita Center and the Little Peoples Workshop child care center, and doing open space landscaping on Peralta and Chapman/Nevada Streets. We need Bernal neighbors to work along side the hundreds of volunteers who will be coming to our community.

Many folks have asked how they can help out if they are not professional craftspeople. First off, every year the host community (Bernal

WANTED: Bernal neighbors to work along side hundreds of volunteers who will be fixing up 25 homes and several community facilities in Bernal Heights on Saturday, April 25th.

REWARD: A wonderful feeling of community participation and a beautiful Christmas in April 1992 T-shirt!

CONTACT: To volunteer, call Marta at Christmas in April: 905-1611 by April 15th.

Heights!), sponsors a giant picnic for all the volunteers. This year we're holding the picnic in Holly Park at 4:30pm and need your help. We need

- continued on page 3...

Bernal Agenda Campaign "Off To A Strong Start"

by Mauricio Vela
Neighborhood Center Director/
Community Organizer

With the election of Mayor Jordan in December of 1991, his requested 10% departmental cuts, the previous assaults on our Bernal Library and the 29th St. Health Clinic, and the need to demystify the city's budget process, the BHNC's outreach/organizing committee is coordinating the 1st Annual Bernal Agenda Campaign.

At the January 23rd Bernal Heights Hill-Wide Block Club Coalition meeting, neighborhood group leaders were given Bernal agenda campaign slips as a part of the BHNC's membership drive

- continued on page 3...

Saving the Bernal Library

The perennial fight goes on

By Vicki Victoria

Nearly 300 neighbors flooded the Bernal Library to protest the proposed plans to limit the branch's service hours to two days per week - a plan that neighbors feel would produce a negative impact on the education of the children, as well as neighborhood safety and the quality of life in Bernal.

The Bernal Heights Neighborhood Center (BHNC) organized the "Save the Bernal Library" meeting on March 18th and invited members of the Mayor's Office, the Library Commission and the Board of Supervisors to hear the passionate pleas and demands delivered by Bernal children, youth, senior citizens, organizations, businesses and residents.

Many schoolchildren created colorful picket signs to convey their feelings. Third-grader Fatima Destefano paraded a sign

- continued on page 5...

La lucha continúa por salvar la Biblioteca en Bernal

Por: Vicki Victoria

Traducción por: Leah Lujan

Cerca de 300 vecinos se hicieron presentes en la Biblioteca de Bernal en protesta a los planes de limitar las horas de servicio a dos días por semana - un plan en el cual los vecinos consideran produciría un impacto negativo en la educación de los niños, así como la seguridad y la calidad de vida en Bernal.

El Centro para el Vecindario de Bernal Heights (BHNC) organizó la reunión el 18 de Marzo para "Salvar la Biblioteca" e invitó a miembros de la Oficina del Mayor, la Comisión de Bibliotecas y la Junta de Supervisores para escuchar los pliegos y demandas presentados por los niños de Bernal, los jóvenes, ancianos, organizaciones, negocios y residentes en general.

Muchos niños escolares crearon llamativos rótulos para demostrar sus sentimientos. Fatima

- continua en pag 5...

People on the Hill Bernal Heights Filmmaker Wins Academy Award

By Robin Stevens

Hollywood met Bernal Heights at the March 30 Academy Awards ceremony when Bernal resident Debra Chasnoff was awarded an Oscar for the best short documentary film of 1991.

Chasnoff, who has lived near Precita Park for just over five years, was honored for her work on "Deadly Deception" a short documentary film about General Electric's involvement in the nuclear weapons industry.

The 29-minute film was commissioned by INFACT a Boston-based activist organization leading a boycott against the General Electric. It juxtaposes the image that the company projects through its advertising with the havoc its nuclear facilities have wreaked on the environment and on people.



Photo by Stephanie Rausser

Oscar winner Debra Chasnoff

"The best outcome of the nomination will be much more visibility for the boycott," Chasnoff says. She hopes that the publicity surrounding the prize will help to create a broader awareness that "when GE says they 'bring good things to life,' they are lying."

Bernal Heights, Chasnoff suspects, has many residents who

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Bernal Journal

515 Cortland Avenue, San Francisco, CA 94110
(415) 206-2144

The *New Bernal Journal* is a bi-monthly neighborhood newspaper sponsored by the Bernal Heights Community Foundation. It is dedicated to providing the people of Bernal Heights with community news, ideas, issues, and events that support the Foundation's mission: "To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income people in Bernal Heights." The *New Bernal Journal* is distributed door to door, free in Bernal Heights. Articles express the views of contributors and not necessarily those of the Bernal Heights Community Foundation.

For Advertising Call: 206-2144

June/July Deadlines: Editorial/Submission: 5/15/92
Advertising Reservation: 5/22/92. Camera Ready Ads: 5/29/92
We reserve the right to edit for clarity or space.
Circulation for this issue: 8,000

New Bernal Journal Staff/Volunteers

Overall Committee: Helen Helfer, Margaret Maker, Vicki Victoria
Editor: M. Tyrone Blackburn
Youth Assistant: Vicki Victoria, James Hunter
Photography: Victoria Graphics
Art Production: Dave Rogers & a cast of hundreds!
Distribution: Robin Stevens, Jeanette Conely, Jessica Murray, Barbara Pischel, Jacqueline Letalien, Helen Helfer, Mauricio Vela, Mindy Linetsky, Terrence Ireland
Contributors: Leah Lujan

Spanish Translation:
Copyright 1992 by Bernal Heights Community Foundation
We are a member of the S.F. Neighborhood Newspaper Assoc.

Congress-

continued from page 1...

Georgia Willette, homemaker, 16 year Bernal resident, 5 year member BHNC, particularly interested in youth services. 233 votes.

Demece Garepis, Bernal resident for 15 years, BHNC member for 3 years, major volunteer with the BHNC in setting up computer based fiscal program. 233 votes.

David L. Rogers, self-employed shoemaker with a shop on Cortland, volunteer with Fiesta on the Hill, and New Bernal Journal Distribution Coordinator. 232 votes.

Augustin G. Oropeza, Bernal resident 7 years, BHNC volunteer for 3 years, wants to work on increasing multi-cultural participation. 232 votes.

Marci Dy Wilson, Bernal resident for many years, homeowner and active through St. Kevin's church and Filipino community, BHNC board member 4 years. 227 votes.

Other candidates in the Board race were: Bob Heacock (43 votes), Ingrid Hoppe (42 votes), Joyce Kearney (42 votes), Rick Lund (42 votes), Kim Coppin (37 votes), Kathleen McKeon (28 votes), and Ed Olsen (26 votes).

The Bernal Agenda discussion was lively and productive. The "Top Five Bernal Issues" from 302 neighborhood responses as of March 16th were: Public Safety - 169; Bernal Library - 164; Graffiti and vandalism - 107; Affordable housing - 103; and drug prevention/street worker program - 100 responses. (Please see the Bernal Agenda article in this issue of the NBJ for a complete up-

date and discussion of the Bernal Agenda Campaign).

The Congress could not have been a great success without the many members and friends who came, and the volunteers who served that day as well as the weeks leading up to it. Large Thanks go to the all the phone bankers - Margret Maker, Jill Pennington, Georgia and Demece Garepis, Maria Lourdes, Terrence Ireland, Tony Rodriguez, Buck Bagot, Augustin Oropeza, Stephanie Smith, Bill Sorro, and all the BHNC and BHNC staff who helped; to the Congress vote counters - Doug Phillips (our Independent Vote Counter), Mary Johnson, Richard Allman, Earl Shagley, Alan Bruce, Diane Ross, and Robert Henderson; to our Proxy Table volunteers - Mindy Linetsky, and Richard Abrahams from Senator Milton Marks' Office; to the Registration Table volunteers - Judith Theodori, Alan Bruce, Jeff Bachman, Adriana Leon, and Ann Golden; to the Problem Table - Leah Lujan; to the Photographer - James Hunter; to the Snack Bar Helpers - Vicki Victoria, Grace Williams, Ana Diffut, Emma Martinez, Tillie Moldt, and Mary Foy; to the "Get Out the Vote" volunteers - Buck Bagot, Carol Anderson, Patti Bartlett, and Stephanie Smith; to Bill Sorro and Tony Rodriguez for working with the candidates; to the display organizers - Clo Dow, Mary Foy, Jose Leon and his youth program volunteers; to Polly Marshall, the Parliamentarian; to Reylibay and Tim Molinare for watching the door; to Bob Henderson for watching the Ballot Box; to Claudia Chamarro for providing Childcare, and to all of you who came and participated in this, the most productive and pro-active Congress we've ever had! We look forward to working with you in the year to come.

Sincerely,
Gerald Whitehead, President
Helen Helfer, Executive Director
Mauricio Vela, Center Director

Bernal Agenda -

continued from page 1...

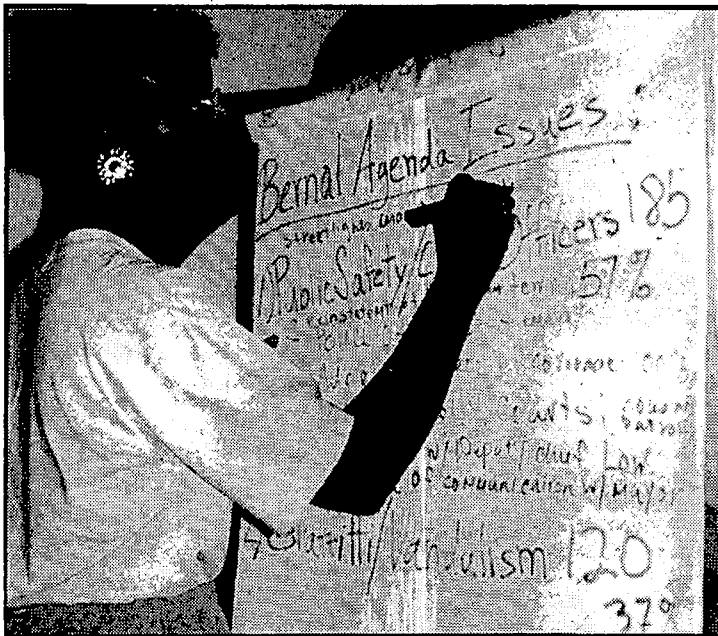
packet. Groups leaders were informed that their groups members did not have to join the BHNC in order to participate in the Bernal Agenda campaign, but were asked to encourage their members to support the goals of the BHNC by joining.

The issues listed on the Bernal Agenda Campaign forms were derived from the issues that committee members felt the BHNC with support from the community could have an impact on and win. Space was also provided for individuals to write in their own issue the survey.

The goal for this year's campaign was to survey the community, tally and consolidate the survey at the March '92 Hill-Wide, present and ratify the results of the survey at the Annual Bernal Community Congress, and present our top 5-10 issues to Mayor Jordan during the month of April (at this time no community meeting has been scheduled) to ensure that these services and priorities were maintained in his '92/'93 budget. A follow up meeting will be scheduled to ensure that our services have been maintained. The S.F. Board of Supervisors' finance committee will also be invited to Bernal to hear our appeals. Finally, if necessary, Bernal Heights would attend a full Board meeting to get our message across.

Groups leaders were again encouraged to have their members and neighbors complete agenda survey forms at the Feb-

continued on next page...



Community Organizer Clo Dow lists the Bernal Agenda issues that neighbors are most concerned with.

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Turkey Potato Sausage \$5.29 lb.
Italian Style - reg 5.99

Ocean Garden
Prawns \$7.89 lb.
31-35 count

Aidells
New Mexico Sausage \$5.49 lb.
with cilantro & red peppers
- reg 5.99

Bulk Foods

Organic
Pinto Beans 79¢ lb.
- reg 99¢

Falcon
Muesli \$2.39 lb.
bin 438 - reg 2.69 lb.

Capricorn
Bulk Coffee \$3.99 lb.
- reg 4.99 lb.
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Clover
Vitamin 'D' Whole Milk 59¢
quarts only - reg 69¢

Continental
Nonfat Yogurt 79¢
all flavors - 8 oz. - reg 94¢

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16 oz. - reg 1.59

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dozens only - reg 2.10

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We honor the San Francisco Gold Card for a 10% Discount everyday from 9:00 am until 3:00 pm. For information on obtaining a Senior Gold Card, call 626-4533

448 Cortland Avenue • Bernal Heights • San Francisco • 94110

Grocery Specials

Santa Cruz
Apple-Fruit Sauces \$2.19
Organic!
all flavors - 22 oz. - reg 2.49/2.69

Arrowhead Mills
Peanut Butter \$2.75
creamy & crunchy
18 oz. - reg 3.15

Sensat
Olive Oil \$3.89
Light & Extra Virgin
17 oz. - reg \$5.75

Brownberry
Croutons \$1.09
all flavors - 6 oz. - reg 1.39

Post
Grape Nuts \$2.99
16 oz. - reg 3.45

Earth's Best
Organic Baby Food 59¢
all flavors 4.5 oz. - reg 69¢

Health Valley
Chicken or Turkey Weiners . \$2.39
No Nitrates - 12 oz. - reg 2.65

Frozfruit
Frozen Fruit Bars 69¢
4 oz. - reg .79/.89

Snacks & Dips

Santa Cruz
Tortilla Chips \$1.49
selected flavors - reg 2.10/2.39

Wildwood
Fresh Hummus
7 oz. \$1.79
12 oz. \$2.69
- reg 1.99/2.99

Panda
Licorice Bars 35¢
raspberry tool 32 gr. - reg 45¢

Fresh Bread

Tassajara
Fresh Loaves \$1.99
all flavors except challah
- reg 2.49

Muffin Lady
Fresh Muffins 69¢
all flavors - reg 89¢

Juice & Sodas

Orangina
Natural Orange Soda \$2.89
+ CA redemption value
6 packs - reg 3.35

Santa Cruz Natural
Organic Cruz Blends \$2.19
all flavors
32 oz. - reg 2.79



Bernal Agenda -

- continued from previous page...

February Hill-Wide. A preliminary tally showed an expected interest in Public Safety. Prior to the February Hill-Wide, the community was informed that an attempt to pair our Bernal Library with the Walden branch was being suggested as part of the 10% budget cuts and the Hill-Wide began to simultaneously mobilize to save our library which was an issue on the Bernal agenda survey. The neighborhood "kicked butt" and library officials were impressed.

As of March 17, 1992, 322 survey forms had been returned to the BHNC. The top five issues that came out on top were:

- 1) Public Safety 57%,
- 2) Bernal Library 55%,
- 3) Graffiti/Vandalism 37%,
- 4) Drug Prevention/Street Worker Program 35%,
- 5) Affordable Housing 33%.

Rounding out the top ten were Senior programs; Parks, Recreation/Open Space; Schools/child-care; Youth Employment; Commercial Revitalization/Cortland Avenue. As one can see, Bernal Heights is very much concerned about children and youth issues. All of the 10 issues will be flushed out in preparation for the meeting with Mayor Jordan. The next community meeting in Bernal will be with Mary Burns of S.F. Recreation and Parks Department on April 25, 1992 to discuss Bernal parks and playgrounds (see the Bernal Playground article in this issue on page 10).

The specific goals of the Bernal Agenda campaign are:

- To strengthen Hill-Wide Coalition by holding regular action/training sessions, meeting with key officials around the Bernal Agenda Campaign;
- To build existing neighborhood groups by providing leadership training and utilizing the BHNC's four quarterly events to enlarge active multi-cultural and economic participation in the community facilitated by the BHNC;
- To empower low income residents by working with them and other Bernal groups around critical issues.

Our long range goal is for political, social and economic equity for all Bernal residents. We are working for a fair redistribution of resources and a vital infrastructure with active participation by all our community's organizations and institutions. The first step in achieving this goal is the Bernal Agenda.

Next year the BHNC will begin the Bernal agenda process in October '92 so that residents can meet with department heads and their respective commissions prior to their submissions of their budgets to the Mayor. We will again meet with the Mayor and the Finance Committee of the Board of Supervisors to ensure Bernal gets their fair share of city services. Your participation is essential for Bernal to win. To get involved with the Bernal Agenda Campaign contact Clo Dow at the BHNC, 648-0330. •

Christmas in April -

continued from page 1...

people to bring food, help set up or serve, work a grill, scrounge for plates, napkins and other supplies, or help out with all the little tasks necessary for a 1000 person picnic. Though it's not as glamorous as fixing up a house, this is the place where we need help the most. This is how we thank all the folks from all over the City who have come to our neighborhood to lend a hand.

Secondly, the carpenters, plumbers, and electricians all need "helpers." Under their and other skilled tradespeople's supervision, you will repaint exteriors and interiors, lay carpeting, install new kitchen cabinets, rebuild porches and stairs, replace windows, and install safety devices. They need people to run wire, hold a hammer, find a ladder, cut a pipe, clean-up yards, get an extra tape measure, and numerous other little details. Because you live in the neighborhood, you'll be an invaluable helper!

Christmas in April is an annual program which brings volunteers



Bernal Rehab Director Mike Noon and Ellsworth Street resident Vernon Tarriel survey the new woodwork built by Christmas in April volunteers.

and beneficiaries together in the tradition of an old-fashioned "barn raising." This is a one-day effort by both skilled and non-skilled volunteers to complete all repairs and renovations free of charge to the beneficiaries. Eligible homeowners are those who are disabled, elderly and/or come within

federal low-to-moderate income guidelines.

Remember, in order to place everybody in useful jobs, we need you to sign up by April 15th. Call Christmas in April (905-1611) or drop off the following application at the Neighborhood Center, 515 Cortland.

I want to volunteer on April 25th with Christmas in April and the Bernal Heights Housing Corporation

Name _____ Telephone _____

Address _____

I am interested in or skilled in _____

I would like to donate (ie, building materials, paint, food, dollars, etc.) _____

Return to 515 Cortland by April 15th

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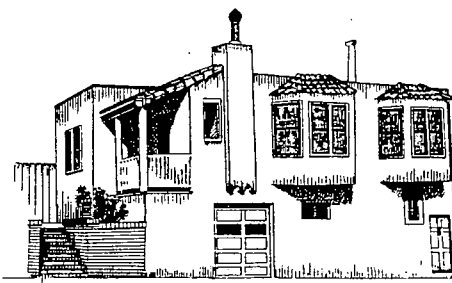
My record speaks for itself:

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250 College Ave	Sold!
315 Park Street	Sold!
91 Wool Street	Sold!
655/7 Peralta Ave	Sold!
173 Bocana Street	Sold!
352 Park Street	Sold!
205 Ellsworth St	Sold!
323 Park Street	Sale Pending!
3666 Folsom Street	Sale Pending!
106 Santa Marina	For Sale
100 Mullen Ave	For Sale
106 Mullen Ave	For Sale
110 Mullen Ave	For Sale

I live in Bernal Heights.
I know Bernal Heights!

Randall Kostick

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Youth & Seniors

Senior Health Notes:

Keeping a List Helps Seniors Avoid Medication Misuse

By Vicki Victoria

May is "Older Americans Month" and as a service to the elders of the community, the Bernal Heights Senior Program will host a "Brown Bag Medicine Review Day" on Saturday, May 9th at the Neighborhood Center at 515 Cortland Avenue. The "Brown Bag" is in response to the alarming rise of drug misuse by the elderly.

The elderly suffer more than any other age group from the misuse of medications. Seniors buy well over \$1 billion worth of over the counter medications each year. The availability and access to these medications have increased their use, adding to the dangers of misuse. Not all drugs work effectively when taken with certain types of medications. Unnecessary duplication of prescribed drugs can also cause ill effects, as well as be very costly on a fixed income.

Mike Callagy of Arrow Pharmacy says that not keeping track of prescription drugs leads to their unintentional misuse. "Many sen-

iors go to different doctors and pharmacies who usually don't keep track of all of the senior's separate prescriptions and medications. Seniors should make a list of all of the drugs they use, prescribed and over the counter, and to show this list to their doctor and pharmacist when having prescription issued or filled."

"Taking one type of drug can prolong the effect of another drug that's currently in your body," says Mike. He uses the example of Malox, a popular, over the counter laxative that can slow down the action of a prescribed heart pill. "The best thing to do is to go to one pharmacist only, so they that they can keep track of your medications for you." Moving towards the pharmacy's counter, he demonstrates how Arrow keeps a computerized "patient profile" list. "With a computer, I can immediately see when and what types of medications have been prescribed to a customer." With over 39 years experience as a pharmacist (26 of those years in Bernal), Mike says that the use of a computer has greatly aided him in educating his



Arrow Pharmacy's Mike Callagy and Hector Basurto encourage senior citizens to make a list of all of their medications, in order to prevent unnecessary duplication or counter-action.

Carnaval Celebration in May



Photo by Don Klein

Carnaval San Francisco, Northern California's largest and most spectacular multicultural celebration, takes place this year on May 22-24 in the city's Mission District

Grand Parade will include a BHNC intergenerational, multi-cultural float

Members of the Neighborhood Center's Youth Committee hope that the community will support their efforts to organize a Bernal Heights contingent for this year's Carnaval parade in San Francisco. The group has begun to collect ideas and donations for what they hope will be a prize-worthy float. Celebrating the neighborhood's diversity, the float's theme will be a reflection of the many cultures that make up Bernal Heights. The committee plans to involve seniors from the Center's senior program and other residents of Bernal Heights, making this an event for all ages as well. With the parade only two months away, however, there is still much to do. Donations of materials - everything from art supplies to a large flat bed truck - and money will be greatly appreciated, as well as donations of time and energy from enthusiastic neighbors. Anyone interested in helping out is encouraged to call Jose Leon at the Bernal Heights Neighborhood Center (648-0330) or attend the next Youth Committee meeting, April 9, 7 p.m. at the Center. Carnaval was originally in Bernal Heights; now it's time for Bernal Heights to be in Carnaval!

- Terrence Ireland

clients. With this system, he can provide counseling to his clients and also discover any unnecessary or potentially harmful duplication of prescriptions.

Surprisingly enough, pharmacists are not required to provide counseling to their customers. Arrow's store manager and Bernal native, Hector Basurto, says "Because some pharmacists don't take the time to answer questions, mandatory counseling will soon be required."

Offering his reasons for elderly drug misuse, Hector explains that because medications are so expensive, some seniors save them indefinitely in their medicine chests. "After they don't need

them anymore, they don't throw them away. These medications are usually kept too long and later taken again, even after the drugs have expired." He also says that seniors may take these drugs later again, without a doctor's prescription, to "cure" an ailment they had in the past.

Hector stresses that seniors should take the time to talk with their doctors and pharmacist about what each prescribed drug will do. "Misuse is also often caused by not reading the labels/instructions or asking enough questions." Hector says that seniors should know that their health and welfare are important. "Don't feel intimidated that you're taking up too

much time to ask questions - it's your right to ask questions. This is your health!"

Both Mike and Hector are happy to check medication lists and invite seniors to "bring their medicine chests" to their store at 439 Cortland Avenue if they have questions or concerns. Seniors are also invited to attend the Bernal Heights Senior Program's "Brown Bag Medicine Review" on May 9th to learn more about the medications they are taking and how to avoid drug misuse. This free health fair will include health monitoring stations, educational presentations as well as a free buffet lunch for seniors. To register, call the Bernal Heights Senior Program at 206-2145.

Bernal Heights Senior Program Presents:

Brown Bag Medicine Review

A free community health fair to help senior citizens in Bernal Heights better understand their medications and use.

May 9, 1992

Saturday, 10:00 a.m. - 2:00 p.m.

- Individual medication counseling by local pharmacists
- Informative health presentations and screenings
- Free Buffet Lunch and door prize drawings
- To Register call: 206-2145.

**Bernal Heights Neighborhood Center
515 Cortland Avenue, San Francisco**





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Noticias de la Comunidad en Español

Campaña De La Agenda De Bernal

por Mauricio E. Vela

Director del Centro del Barrio/ Organizador de la Comunidad

Con la elección del Alcalde Jordan en Diciembre de 1991, sus pedidos de reducciones de 10% del departamento, los ataques previos a nuestro Librería en Bernal y la clínica de salud en la calle 29, y la necesidad de simplificar al proceso del presupuesto de la ciudad, el comité de organizar de BHNC está coordinando a su 1er annuo Campaña de la Agenda de Bernal.

En la reunión del 23 de Enero de 1992 de la Coalición de las Organizaciones en la Comunidad "Hill-Wide" de Bernal Heights, líderes de grupos del barrio recibieron papeles de la campaña de la agenda de Bernal como parte del paquete para hacerse miembro del BHNC. Pedimos asistencia en el trabajo de alistar a miembros en el BHNC a los líderes de estos grupos. Cuando aplicantes completaban su forma en blanco para hacerse miembro, también recibieron una forma en blanco de la campaña de la agenda de Bernal. Los líderes de estos grupos fueron informados que no era obligatorio hacerse miembro del BHNC para poder participar en la campaña de la agenda de Bernal, pero los pedimos que animaran a sus miembros para apoyar a los objetivos del BHNC con llegar a ser miembro.

Los argumentos alistados en la forma en blanco de la campaña de la agenda de Bernal fueron derivados de los argumentos que los miembros del comité sintieron que el BHNC con el apoyo de la comunidad pudieran afectar y cambiar. También había un espacio para que individuos pudieran escribir argumentos que les importaban que no estaban en la lista.

El objetivo para la campaña este año era inspeccionar a la comunidad, sumar y consolidar la información recogido en la inspección en la reunión de "Hill-Wide" en Marzo, presentar y ratificar los resultados del estudio en el congreso anual del comunidad de Bernal, y presentar a nuestros 5 a 10 argumentos de más importancia al Alcalde Jordan durante el mes de Abril (en este momento, no se ha hecho fecha para tener la reunión de la comunidad) para asegurar que estos servicios y prioridades sean mantenidos en su presupuesto de 92/93. Una reunión después de esto para asegurar que nuestros servicios han sido mantenidos. El comité financiero de Junto de Supervisores de San Francisco también será invitado a Bernal para escuchar a nuestro súplicas. Finalmente, si es necesario, Bernal Heights atendrá a una reunión del Junto para enseñarnos nuestro mensaje.

Pedimos a los líderes de los

grupos en la comunidad que piden a sus miembros y vecinos que completen las formas en blanco del agenda de Bernal en la reunión de "Hill-Wide" en Febrero. Una suma preliminar enseñó una gran interés en Seguridad Pública. Antes del reunión de "Hill-Wide" en Febrero, la comunidad fue informado de un atento de juntar la librería de Bernal con la de Walden como parte de los cortes de 10% al presupuesto y "Hill-Wide" empezó simultaneamente a movilizar a salvar a nuestra librería, que era uno de los objetivos del agenda de Bernal. La comunidad "salió con la suya" y oficiales de librerías fueron impresionados.

Desde Marzo 17, de 1992, el BHNC ha recibido a 322 formas del agenda de Bernal. Los cinco argumentos que salieron en adelante fueron:

- 1) Seguridad Público, 57%,
- 2) La Librería de Bernal, 55%,
- 3) Grafiti, Vandalismo, 37%,
- 4) Prevención del Uso de Drogas/ Programa para Limpiadores de Calles, 35%,
- 5) Vivienda Proporcionado, 33%.

Terminando los primeros diez objetivos fueron programas para Ancianos; Parques, Recreo/Espacio Abierto; Escuelas/Cuidado de Niños; empleo de Jovenes; Renovación Comercial/Avenida Cortland. Todo los argumentos serán investigados en preparación para la reunión con el Alcalde Jordan. El próximo reunión de la comunidad de Bernal será con Departamento de Recreo y Parques de San Francisco en Abril 25, para hablar acerca de los parques y patios de recreo en Bernal.

Los objetivos específicos de la campaña del agenda de Bernal son:

- 1) Fortalecer a la Coalición de "Hill-Wide" con tener sesiones regularmente de acción y entrenamiento, reuniendo con oficiales importantes acerca de la campaña del agenda de Bernal;
- 2) Fortalecer a los grupos que existen con proveer entrenamiento de iniciativa y utilizar a los cuatro eventos anual del BHNC par engrandecer multicultural y económico participación en la comunidad, facilitado por el BHNC;
- 3) Empoderar a residentes de bajo ingreso con trabajar junto con ellos y otros grupos en Bernal acerca de otros objetivos críticos.

Nuestro objetivo final es para justicia político, socio e económico para todos los residentes de Bernal. Estamos trabajando para una redistribución de recursos y fundación vital con participación activo por todos los organizaciones e instituciones en nuestro comunidad. El primer paso en cumplir nuestro objetivo es el Agenda de Bernal.

El próximo año el BHNC empezará el proceso del agenda de Bernal en Octubre de '92 para que los residentes puedan reunir con los jefes de los departamentos y sus comisiones respectivos antes de sumtir sus presupuestos al Alcalde. También nos reuniremos con el alcalde y el comité financiero del Junto de Supervisores para asegurar que Bernal recibe su justo porción de servicio en la ciudad. Su participación es esencial para que Bernal gane. Para asistir, llame a Clo Dow en el BHNC. •

Biblioteca -

continúa...

DiStefano, del tercer grado montaba un rótulo que decía, "Yo estaré triste sin mi biblioteca", y el de Max Jones de 6 años, decía, "Salven nuestra biblioteca, en donde un niño puede ser un niño." Chava Nieto y su compañera de escuela, Jennifer, presentaron al asistente mayoral John Cuerva



In a powerful effort to get their points across, children carried signs to the "Save the Library" meeting.

las numerosas peticiones colectadas para salvar la biblioteca. Los dos estudiantes también presentaron una réplica de tarjeta gigante verde de una Biblioteca de San Francisco a nombre del "Mayor Frank Jordan - con vencimiento 7/1/92."

El Director del BHNC, Mauricio Vela, explicó que además de las ventajas obvias de tener una biblioteca de servicio completo para la gente, la biblioteca ofrecía indirectamente recursos y servicios que no pueden ser reemplazados. "La Biblioteca de Bernal también sirve como un programa clave después de la escuela con una alternativa positiva para niños y jóvenes locales."

El Padre James O'Malley de la Iglesia de St. Kevin, dijo que la biblioteca es especialmente importante por la diversidad existente en Bernal Heights. "La biblioteca es un regalo para la gran diversidad cultural de nuestro vecindario - especialmente para aquellos que vienen de países en donde el costo de libros es muy alto." El también explicó que el personal actual de la biblioteca era un equipo irremplazable, "El personal aquí es excelente - ellos son sensitivos culturalmente, cariñosos y se sienten como en familia."

Imre Mandoki, Presidente de la Asociación de Comerciantes en Cortland, dijo que la Biblioteca de Bernal mantiene a la gente en la Avenida Cortland y por lo tanto disminuye el crimen y refuerza el comercio. Al igual que otros residentes, el está molesto con tener que pelear para mantener la biblioteca abierta cada año.

El plan propuesto para reducir a dos días por semana el servicio de la biblioteca de Bernal, es parte de la repuesta de la Comisión de Bibliotecas a la solicitud del Mayor Jordan para que todos los departamentos de la ciudad re-

provides a positive alternative for local children and youth."

Fr. James O'Malley of St. Kevin's Church said that the library is especially important to the unique diversity Bernal Heights. "The library is a gift to the rich cultural diversity of our neighborhood - especially to those who come from countries where you could not afford books." He also explained that the library's current staff was an irreplaceable team, "The staff here is excellent - they are culturally sensitive, warm and like family."

Cortland Merchants Association President, Imre Mandoki, says that the Bernal Library keeps people on Cortland Avenue and therefore deters crime as well as strengthening commerce. Like other residents, he is angry with having to fight to keep the library open each year. In his address to the library heads Ken Dowlin, Dale Carlson and Neel Parikh, he explained, "If we could only eliminate the need to annually fight to keep the library open each year, we could instead use all of this energy for looking at ways to increase the budget and improve library services."

The proposed plan to reduce the Bernal Library to two days of service per week is part of the Library Commission's answer to Mayor Jordan's request that all city departments reduce their budgets by 10% for the '92 - '93 fiscal year. This reduction, totaling \$1.7 million, would equally reduce 20 neighborhood branches to only two days of service per week with no Saturday service.

Impressed by the overwhelming neighborhood support of the Bernal Library, Supervisors Jim Gonzales and Kevin Shelley pledged their support to help keep the library open. Supervisors Gonzales and Shelley make up two-thirds of the Finance Committee (Supervisor Hallinan is the third) which will submit library budget funding recommendations to the Board of Supervisors who will then make final recommendations to the Mayor. Mayoral aide John Cuerva also pledged his support to advise the mayor against the library cuts.

Vela urged neighbors to continue attending library budget hearings and city-wide neighborhood library meetings in order to show City Hall how important the libraries are to the neighborhoods. Neighbors were also urged to continue to write the mayor before April 15th to protest the library service cuts. •

duzcan sus presupuestos en 10% para el año fiscal 1992-93. Esta reducción, un total de \$1.7 millones, reduciría igualmente otras 20 sucursales en el vecindario a solamente dos días de servicio por semana sin servicio en Sábado.

Impresionados por el soporte en favor de la Biblioteca, los Supervisores Jim Gonzales y Kevin Shelley manifestaron su soporte para ayudar a mantener abierta la biblioteca. Los Supervisores Gonzales y Shelley forman la tercera parte del Comité de Finanzas el cual presentará sus recomendaciones al presupuesto de la biblioteca a la Junta

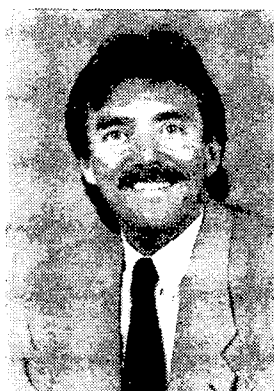
de Supervisores quienes a su vez darán sus recomendaciones finales al Mayor. El Asistente mayor John Cuerva, también manifestó su soporte para aconsejar al mayor contra los cortes de biblioteca.

Vela urgió a los vecinos a continuar atendiendo las reuniones relacionadas con el presupuesto de la biblioteca al igual que las reuniones del vecindario a fin de demostrar al City Hall la importancia que tienen las bibliotecas en los vecindarios. Los vecinos fueron también urgidos a continuar escribiendo al mayor antes del 15 de Abril para protestar por los cortes en el servicio. •



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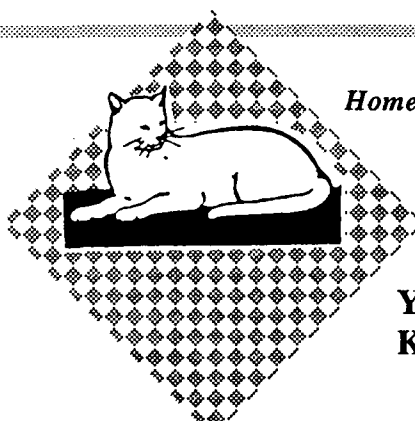
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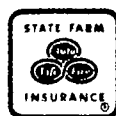


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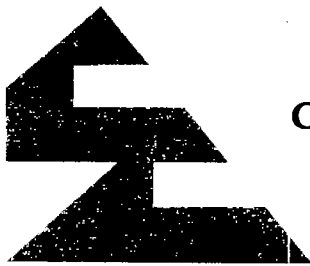


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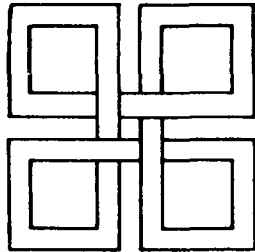
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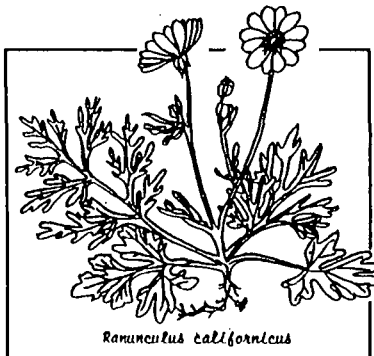
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Bernal Hilltop Natural History

Fields of Gold

by Barbara M. Pitschel



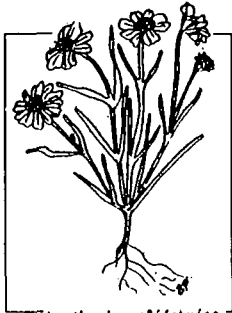
Ranunculus californicus

Several native wildflower species with yellow, buttercup-like flowers begin to bloom on Bernal in February. Despite similarities in appearance, they are very different from one another.

Many of the earliest ones, particularly on the wetter northern slopes, really are buttercups (*Ranunculus californicus*). They have numerous yellow petals and leaves that are lobed and divided in a variety of ways. Multiple stamens and many separate greenish ovaries are clustered in the flower centers. Their peak of bloom is

March, although a few can still be found into May.

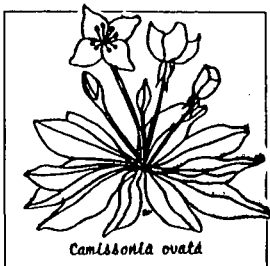
Less common, but not too difficult to find in the grassland above the Ellsworth Street stairs and on bare ground west of the restoration test plot, are sun cups (*Camissonia ovata*). They have four petals which open when the sun is shining and close in the evening or when the sky is overcast. What looks like a stem on these flowers is actually an ovary, which is situated in a protected position under from which the species name "ovata" has been taken, ground. Sun cups are at their peak in March and are April. Goldfields (*Lasthenia chrysostoma*) have a continuing to bloom into June, but they are especially and May, when many thousands of them give the appearance of a solid golden blanket. Goldfields are members of and Sunflower Family). Appropriately enough, the individual flowers, but composites of many tiny flower-shaped ray flowers, each of which provides one of the golden petals that encircle the flower head. The center



Lasthenia californica

of the head is comprised of numerous little tubular disk flowers. The species name "chrysostoma" means "golden mouth."

Enjoy, admire, and appreciate the hill's beauty from a distance, but also take time to look closely at these plants to see their structural, functional, and ecological differences. *You can do this at preservation/restoration work parties on the third Sunday of each month. Meet at the foot of the road leading to the phone company microwave tower near the southwest road closure of Bernal Heights Boulevard at 11 a.m. For further info call me at 282-5066.*



Camissonia ovata

Paid Wedding Announcement

Buck Bagot Finally Gets Pat Tamura Bartlett to Marry Him

After six years of relationship and three years of proposing, Bernal resident Buck Bagot finally got an "I do" from his lover Pat Tamura Bartlett. They were married on Feb. 22, 1992 by ex-Mayor Art Agnos, with 100 plus guests in attendance. It was a Bernal wedding. Besides the bride and groom, neighborhood attendees included Gloria, Kristen and Gabriel Buck; Helen Helfer; Mauricio Vela; Maggie Donahue, Paul Wartelle and Kerrigan; Sylvia Yee, Brian McCaffrey, Michael and Matthew; Mindy Linetsky and Bob Henderson; ex-Bernal Journal editors Steve Chapple and Barbara Bagot, and Eugenio Lopez; Richard Allman; Bill Rumpf and Eve Sternberg; Polly Marshall and Mitchell Omerberg; Annie Borgenicht; Gerald Whitehead; ex-Bernal Executive Director Roger Borgenicht, ex-Bernal VISTA Kate Lambert and Maya; Mark Kyle and Brigadann X; John Dugan and Mary Andrews; Pat's son Chris Bartlett; and Spike the Flower Dog. The newlyweds honeymooned in nearby Carmel, and returned to work too quickly.



Walking Blues

Reluctant to Leave

By Jacqueline Elizabeth Letalien



Recently I have had a yen to leave the neighborhood: no parking problems, no late night park carousers; less pollution, more open space. The thoughts are seductive: the call of peacefully grazing sheep in the country or beckoning of the green seclusion of East Bay hills. Each time I come to decisionmaking, though, there is an undeniable yet explainable reluctance to leave this neighborhood.

When the rains came to this small town within a big town, they left a dazzling gift of a rain drop blessed plum tree that looked as if it were covered with sparkling crystals. In this urban environment that is a thrilling and splendid natural phenomenon. If I want to work up a sweat, I can hike to the top of Bernal Hill and be rewarded by a breathtaking panorama. I don't have to pay a user fee.

At a recent afternoon women's drumming circle in the East Bay, we wanted to open the doors to the spring air but couldn't because the neighbors might object to the "noise". In this neighborhood multi-cultural sounds are indigenous to the surroundings. Living close to the Mission the only problem I have finding a burrito is picking one of the many options. When I order "hot" I don't have to ask, where's the spice. To experience the culture, language, and cuisine of many peoples, I need to walk only a few blocks.

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This is a writer's heaven with an abundance of cafes that are hospitable to the artistic temperament (one latte and hours of writing). I look forward to the opening of a new cafe on my block next to our Italian restaurant.

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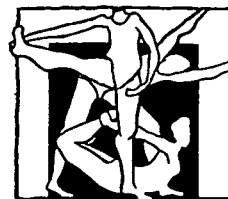
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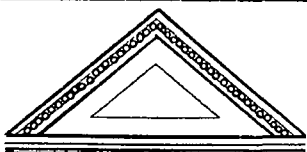
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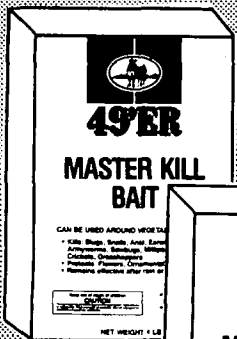
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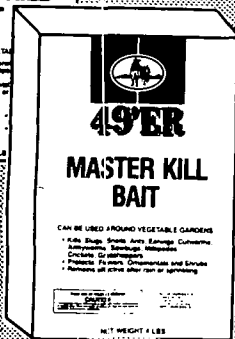


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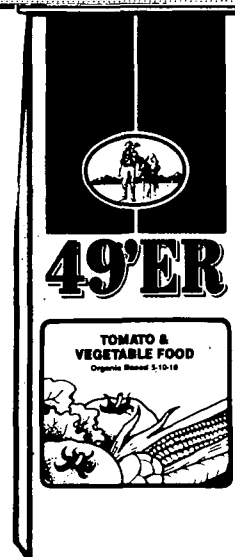
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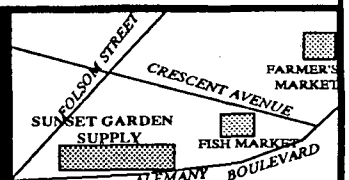
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Mayor Jordan supports Market Heights

On March 13, 1992 Mayor Frank Jordan announced his support for building 46 affordable homes on the hillside at the rear of the Farmer's Market, while preserving the Market itself. Called Market Heights, the housing is to be developed by the non-profit Bernal Heights Housing Corporation.

The announcement followed two lengthy meetings at the Mayor's Office with the non-profit Bernal Heights Housing Corporation and neighbors opposed to the housing plan.

"This is a singular victory for San Francisco," said Jordan. "We were able to save the landmark Farmer's Market and — at the same time — create affordable housing." "In a city as compact as San Francisco, where affordable housing is at a premium, new low-cost homes are essential," the Mayor said. "I listened closely to both sides, and I believe this proposal is reasonable and fair," said Jordan.

Helen Helfer, Executive Director of the Housing Corporation, although greatly concerned about the loss of affordable housing units, was very pleased with the Mayor's compromise. "I appreciate Frank Jordan's leadership in this critical development, and I want to thank all those who supported us in the past and during our recent negotiations, especially the many Bernal residents who shared our vision of affordable housing and affordable food co-existing together."

BHHC had originally planned a 120 unit development with a child care center built on a platform above the Market's parking lot. Under the scaled down proposal, 46 housing units will be built on the hillsides with no platform and no affect on the operation of the Farmers Market. Lease payments to the City for the use of the land on the hillsides are intended to be used for Farmer's Market improvements. Ideally, the City's Department of Agriculture, which oversees the operation of the Farmer's Market, and the farmers themselves, will

decide how to spend the lease payments.

In supporting the new Market Heights plan, the Mayor committed \$1 million of the City's housing funds to the development contingent upon the developer securing other required funding and planning approvals.

Market Heights will be family oriented, each home having its own individual parking garage and courtyard. The original plan included a community child care center. Diane Ross, BHHC President, explains the change: "A 92 or 120 unit development was capable of subsidizing the construction of a child care center. With current funding sources, a 46 unit development is not. There is no money earmarked for child care center construction. We had intended to spread the costs of the child care center over the housing units."

Vicki Dominiguez, a Bernal Heights resident and one of the hundreds of people who have applied to live at Market Heights comments, "I'm glad Mayor Jordan supports Market Heights. The people against the new houses must not know that it is hard to pay rent, raise a family, and just survive in this expensive town. I have a good job and I work hard. But it's difficult as a single mother to make ends meet." She continues, "It's nice to know that Mayor Jordan and folks like him are listening and caring for the working people of our city. It's too bad you have to fight for something like decent housing, but it sure feels good to win for a change."

Helfer explains that the planning process has only just begun: "There will be many opportunities for community input during the city-mandated environmental review process in the weeks and months to come." She continues, "I look forward to that process and the opportunity to discuss Market Heights in a reasonable setting. Even at 46 units, it is an exemplary housing contribution to our city's affordable housing goals."

- By Mindy Linetsky

BERNAL CALENDAR

• **Champagne Bingo**, Sunday, April 5th, 12:00 p.m. The St. Kevin's Women's Guild hosts this annual Bingo fundraiser, highlighted with champagne, homemade sandwiches and cakes. Ellsworth Street at Cortland Avenue. Tickets: 648-5751.

• **Tree Tour**, Saturday April 25th, 10:00 a.m. Friends of the Urban Forest will lead this somewhat strenuous walk for National Arbor Day. Meet at Triangle Park on Coleridge at Coso. More info: FUF, 543-5000.

• **Parent & Child Walks**, Wednesdays, 1:00 p.m. for moms who would like company

while taking walks with the little ones on Bernal Hill. Call Francine, 648-3938.

• **Mural Awareness Week Reception**, Saturday, May 9th, 4:00 - 6:00 p.m. Precita Eyes Mural Arts Center will host the opening reception honoring muralist and celebrating the city's heritage of mural art. 348 Precita Ave. 285-2287.

• **Festival**, Fri. - Sun., May 15, 16 & 17. St. Kevin's Church holds its annual festival, this year in honor of Fr. O'Malley's 25th anniversary at the parish. Booths, games, food, bingo - fun for the whole family. Ellsworth Street at Cortland. 648-5751.

"Take Back Bernal Playground Day" May 9th

by Mauricio Vela
Neighborhood Center Director/
Community Organizer

As many of you are aware, the Bernal Playground located at the corner of Moultrie & Jarboe (behind the Bernal Library) has been underutilized by the community due to the usage of alcohol and drugs in the playground. Efforts last year to displace the young adults and teenagers who drink in the park on a daily basis were fruitless because the Recreation and Park department did not replace these people with adequate staffing, programming, and advertisement of activities.

In addition, without the support of the Police Department the staff became intimidated by the large presence of the people under the influence of alcohol, using foul language, and participating in inappropriate behavior.

Families will only use the playground during the morning hours when there is a large presence from the local preschools or when the Bernal Heights "Fiesta On The Hill" takes place in the park.

Well, times are changing and neighbors want to take back the park from the people using alcohol and drugs. The Recreation and Park and the Police Departments are willing to lead the charge on Saturday, May 9th at 10:00 a.m., but the community needs to support them as we did in our fight to keep our library open. This event

will be called "Take Back Bernal Playground day" in Bernal Heights. Invited guests include Mary Burns, General Manager, Ron De Leon, Superintendent of Parks, and Joel Robinson, Superintendent of Recreation, of the S.F. Recreation & Park Department. Commander Jim Arnold of Division II of the S.F.P.D. and Captain John Gleeson of the Ingleside Police station have also been invited. Besides talking about Bernal Playground we will also discuss Precita Park, and the Bernal Park (otherwise known as the "Top of the Hill").

In an interview with Joel Robinson on March 25th, Mr. Robinson stated he was very much aware of the problems taking place at the Bernal Playground. Mr. Robinson rolled off a number of activities scheduled to take place to ensure that this year's efforts to displace the people using alcohol and drug are fruitful.

First, he pointed out his action to replace John Connor, whose attitude was that the playground's problems had existed for twenty years and would continue to exist for the next twenty. Dan Abrami and Derek Crenshaw are now the two new directors at the park.

Secondly, the S.F. Open Space Committee has will set aside a total of \$300,000 by July 1st to build the first "indoor adventure playground" in San Francisco (schematics will be available at the May 9th). It should be noted

that during open space hearings on February 4th, the Bernal Playground project lost \$100,000 and Mary Burns fought to have the monies reinstated. This playground will be similar to the ones at the Berkeley Marina and in the city of Fremont.

Immediate changes to the Bernal Playground will include the clean up and repair of the weight before the May 9th meeting. Children and youth of Bernal Heights will be invited to participate and watch the practice sessions "Make A Circus." "Make A Circus" chose the Bernal Gym location to allow "at-risk" youth to participate in their teen apprenticeship program. Mr. Robinson is looking into the possibility of hiring twenty-five youth in May and June while "Make A Circus" is located in the gym.

Finally, Mr. Robinson has committed to increasing advertisement of activities by utilizing the Bernal Heights Youth Service providers coalition and assistance from the BHNC. Part of the problem in the past is that our community has not known what activities are taking place at the Bernal Playground.

Hopefully, many Bernal families will attend the May 9th "Take Back The Bernal Playground Day" as our first step in regaining control of the playground. Mr. Robinson has committed to bringing out the famous Rec. & Park "Playmobile", requesting a "Make A Circus" performance, and providing free hot dogs for lunch. If we don't show up, the alcoholic and drug users will. Let's show Rec. & Park and the Police that we mean business. •

Bernal Academy Award Winner

- continued from page 1...

share her political commitments. "There are probably already a lot of GE boycotters here."

She enjoys living in the neighborhood, "because I like the diversity of the community--racially and economically. I also like that there are different kinds of families who live here." She lives with her longtime lover Kim Klausner and their three and a half year old son, Noah.

Chasnoff made history by acknowledging her family in her acceptance speech, and in the interviews she gave once she'd been nominated. She was the first lesbian up for an Academy Award to be open with the press about her sexual orientation.

Working as lesbian in the public eye is not new for her. Her first documentary was "Choosing Children," a collaboration with Klausner about lesbians having children. They also co-founded OUT/LOOK a national quarterly that publishes the leading voices of the lesbian and gay movement. "I'm happy my life is in a position where I can be out," she says.

Now she is hoping that "Deadly Deception" will open some new doors. A Los Angeles based production company called her up and asked to see the film, then called back to ask if she had new ideas. "I'd like to come up with a lesbian or gay themed feature," she said. "I'll tell them, 'You made Basic Instinct--redeem yourself.'"

INFACT has already distributed more than 5000 copies of "Deadly Deception." Anyone interested in obtaining a copy can order through INFACT at 1-800-688-8797. •



An excerpt from Debra Chasnoff's Oscar winning short documentary, "Deadly Deception" highlights a protester against nuclear weapons.

Taking A Look

By M. Tyrone Blackburn

Bernal's New Fire Truck - Is Bigger Better?

Some of the residents in Bernal Heights are questioning the large size of the new fire truck in the community. The new truck began serving Bernal this past December and residents are complaining that the fire truck is too big to fit through the narrow streets of Bernal and that it's scraping against cars and running over gardens. Eleanor Funk of Nevada Street says, "I want our old fire truck back. The new one can't get through these small streets and it's already all scratched up trying to do so. They broke my tree and tore up my cactus coming through here."

To look into this complaint, I talked to Don Walsh the Fire Captain of the Holly Park Fire Station. Don says, "The problem isn't really the truck. Our biggest problem is that most people park their cars on the corners of the streets". I asked him if the new truck was any bigger and he replied, "No everything is about the same - it's as wide as the old truck. The difference is the wheel base, which is a little higher and about five feet longer". I asked him what would they do if the truck couldn't get to a fire on the hill. He answered "It doesn't matter how big or small the streets are. We will get to the fire even if we have to get out and walk to it". I can't remember a time when we couldn't get to a fire on Bernal Hill."

I observed the new truck and it really isn't any bigger than the old one. I also didn't see any scratches that would have been noticeable had the truck scraped cars and trees while trying to get through the streets. The only dent in the truck was on the lower step of the truck which was caused by going over an "illegal" unpaved, dirt street. If it were possible to get the old truck back, it wouldn't solve the same problems we have now with cars parking on curb corners. Another obstacle in responding to emergencies are the residents themselves. Don said, "These days some people don't have respect for firetrucks. Some drivers have their music too loud and don't hear us, or they take their time moving out of the way for a fire truck".

This new type of truck will soon be in all the fire stations throughout San Francisco. Captain Walsh explained that this new fire truck is "state of the art" and is safer for his crew and has less problems than the older one. He also explained that the city, in order to save the taxpayers' money, orders the same type of trucks for the entire city. "San Francisco has a unique landscape, quite unlike any other city in the country. When these trucks are built, they are designed to serve the normal 90 degree corner and wide streets of America - not the compact, small streets of the Bernal Hill."

The main problem is really the cars that are parked on the corners. Neighbors who are worried about the new truck responding to emergencies on the Hill should not park on the curb corners and also educate their neighbors to do the same. •

- Tyrone Blackburn is 15 years old, He is in the ninth grade attending George Washington High School. Tyrone's hobbies are playing football and basketball.



The Firefighters of the Holly Park Fire Station #32

Health Focus

Earaches

By Jeanette Conley, RN

Earaches are especially prevalent in children. The weather in San Francisco is very damp and cold wind blows into children's ears. The changes in temperature during the day make it important to dress your children in layers. Infants should be wearing hats most of the time when the weather is cool. Five years and under should be also wearing hats especially if they have had a history of earaches. Older children should have hooded clothes to have the option of covering their ears.

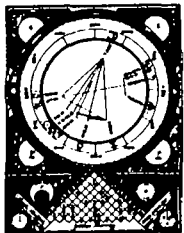
Infants are still developing their eustachian tubes (the tube that goes between the ear and the back of the throat) in the first year of life. They should not be propped up with a bottle to go to sleep at night. This common practice leads to an accumulation of fluid in the eustachian tube. This can lead to an inflammation and infection of the ear.

Infants and children with earaches often start rubbing their ears as the first sign. As time goes on they become more uncomfortable with the itching that turns into pain as the process progresses. To relieve the pain a warm compress around the ear is helpful. Some parents have told me that a gentle warm wind from a blow dryer is soothing to the ear. Increasing fluids and decreasing mucous forming foods such as milk in older children is an effective treatment.

Herbs that are useful are Mullein, St. John's Wort and Garlic mixed in an olive oil base. This combination of herbs is warming to the ear and antiseptic as well. They should be warmed before placing one to two drops into the ear and letting the child lie on its side to let the oil drip into the ear. It is best to administer at night then they are lying down the rest of the night.

Ear candles have been helpful in children who are older to remove the excess wax from the ear. They provide a gentle suction in which the wax is gently removed.

Early attention to a child's ear can really save you time in caring for your child. Preventative measures are always beneficial. Severe pain in the ear should always be consulted with a medical practitioner for proper medical attention. • Jeanette Conley RN, Emerald Edge, 513 Cortland Ave., 647-6556



Astro-Rap

By Jessica Murray

April looks to be a rollercoaster ride. The planets Neptune (illusion) and Uranus (sudden change) shift direction April 20th and 21st respectively, which will make these dates the temporal epicenter of surprising shift in human affairs.

We will all be taught more about the nature of deception, whether on the national level (as by headlines exposing some new governmental fraud), the personal level (as when something occurs to show us that a person was not as they appeared) or the cosmic level (as

happens when we get a revelation that life is but a dream).

And we will also get a quick lesson on the nature of detachment, when the planet of surprises hits the collective level (the economy will not stabilize: anything but), the personal level (don't etch your plans in granite) and the cosmic level (those who do not depend on stability in order to feel sane will do best).

Apply these principles idealistically when Jupiter stations April 30th. You will be asked to put your beliefs in motion. • Astrological consultations: Jessica Murray, 626-7795



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